

## The ABC's of Diet and Lifestyle

ENJOY!			AVOID or CUT DOWN		
		Fruits and vegetables. Nuts and seeds.			Avoid sugar as much as you can. Read the labels! Sugar is added to many foods!
		Whole grains, rice and beans, lentils, (Find out if you need to avoid grains with gluten).			High Fructose Corn Syrup - found in many processed foods and drinks.
		Fish, chicken, turkey and meats, (3-6 oz. serving size).			Sugary cereals and candy.
		Dairy products and eggs (unless you are allergic).			Fried foods.
		Healthy fats: Best are olive oil, coconut oil, avocado oil, butter and safflower or canola oil. (1-2 tsp serving size).			Highly refined and processed foods such as white bread, pasta and potato chips.
	<b>Water:</b> Drink a minimum of 4-6 glasses per day. If you exercise, drink more.  Many people are dehydrated and do not notice when they are thirsty. Find ways to drink water that you like: Cold or hot, room temperature, flavored with a fruit, or sparkling water.				
	<b>Exercise:</b> 3-6 days/week. Find a kind of exercise you can do and that you like! Walking or dancing or Yoga or stationary cycling can be done right at home. Or find a class. Try something new like water aerobics or Zumba. Start slow and easy! Don't Push! For example: Walk ½ a block at an easy pace. Do less than you really think you can. Increase it each week, just a little. If you feel more pain, do a little less but continue with your exercise program.				
Learn more about nutrition at <b><i>eatfresh.org</i></b> and <b><i>"Food as medicine"</i></b>					
Always feel free to ask your healthcare provider for advice on diet and lifestyle care.					